

Closely Spaced Pregnancies (AK 34-USDA 332)

Explain to Participant	You're enrolled in the WIC program today, because you are pregnant before 16 months after your last baby was born. Each pregnancy puts an added stress on your body and uses up nutrients needed to return your body to good nutritional status after delivery.	
Goal	The goal is to replenish your body's nutritional needs and provide nutritional support to prevent increasing the risks to this pregnancy.	
Suggestions for Reducing Risk	<p>Follow the recommendations of your health care provider.</p> <p>See your doctor regularly to monitor your pregnancy.</p> <p>Eat 3 meals a day plus 2-3 healthy snacks and take prenatal vitamins daily.</p> <p>Avoid junk foods, which are generally high in calories and low in nutrition.</p> <p>Eat a variety of foods from all the food groups every day.</p> <p>Talk to your health care provider about family planning, after delivery.</p> <p>Drink 8 glasses of water every day.</p>	
Nutrition Education Material Suggested	Blue Ribbon Babies: Eating Well during Pregnancy	
Explain Applicable WIC Foods	WIC Foods	Nutrients Provided
	Milk	Calcium, Vitamin A, Protein
	Cheese	Calcium, Vitamin A, Protein
	Eggs	Protein
	Beans or Peanut Butter	Protein, Iron
	WIC Juice	Vitamin C
	Cereal	Iron
Explain What the WIC Nutrients Can Do for You!	Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.
Materials with More Information	<p>Eating for Two</p> <p>How to have a Healthier Baby</p>	